

EAT **CAFETERIA CONNECTION**

Ask the students to look at the food and culture themed poster in the cafeteria. Have them identify one food commonly eaten in Italy, Ireland, and Mexico that is a good source of vitamin C. *Answers: Italy- tomatoes; Ireland- potatoes; Mexico- peppers*

LEARN **CLASSROOM ACTIVITY**

Objective

Students will learn about cultural diversity through discussion of the foods commonly eaten by different cultures.

10 Minute Lesson

Through teacher-guided discussion, students will explore foods different cultures may eat for breakfast. Students to identify personal experiences in trying foods from other cultures. Self evaluation is used to reinforce lesson concepts.

LIVE **HOME ACTIVITY**

Have students collect and cut-up various pictures of ethnic foods from grocery store ads, internet, travel magazines, etc. that feature foods from around the world. Ask the students to bring them in to class and discuss their pictures with the class.

Teacher's Notes

Background

Food and cuisine may not always seem to be an obvious marker of identity - not as obvious as clothing, or festivals - but food clearly plays an important role in cultural identity. 'We are what we eat' is true not only in a physical sense but also in a cultural sense. Cuisine plays an important role in solidifying our sense of cultural identity.

10 Minute Lesson

Start your lesson with a brief statement such as: *“Have you ever had a strange or different food placed before you to eat? How did you feel about trying the food?” (Have the participants relate their experiences with strange and different foods.)*

Explain to the group that people all over the world tend to regard their own diet as sensible and the diets of other cultures as bizarre and strange. What people may eat around the world is deeply rooted in traditions as well as the types of foods that are easy to grow or raise in that particular geographic area. People may adopt food customs from other countries when they come in contact with people from other cultures, either through trade or immigration.

Lead an activity where students identify breakfast foods that may be eaten in different countries.

Start by writing the names of these countries on the black board: Argentina, China, Egypt, England, Finland, Italy, Japan, Morocco, Sudan, and USA. Next, read the descriptions of each breakfast below. Have students guess which country's breakfast you are describing. As each country is correctly identified, put a checkmark next to the name of that country.

Cereal, milk, juice, and toast—sound familiar? (USA)

Roasted seaweed dipped in soy sauce, boiled rice, pickled radishes and salted plums—and don't forget to take off your shoes (Japan).

Rice, dried pork, pickles, and soybean juice—with chopsticks (China)

Bread wrapped around fried eggplant, beans, tomatoes, and peppers—under the pyramids (Egypt)

Fresh rolls with chocolate butter spread, hot milk with a little coffee in it—and you thought it was spaghetti (Italy)

Grilled Sausages, eggs, and beans on toast- before you to see the queen (England).

You can't leave the table until you *“finnis”*h your fruit, cheese, tomatoes, and cucumbers, smoked reindeer, and bread (Finland).

Warm beans with tomatoes and onions, goat cheese with lemon and oil get you ready for the safari (Sudan).

Lamb soup, thin pancakes with honey, figs and purple grapes—don't forget your fez (Morocco).

Steak, eggs, and milk—before going out on the pampa (Argentina)

Introduce and explain the EAT Cafeteria Connection and LEARN Home Activity to the students.

Optional Enrichment Idea

Have students examine spices from different cultural cuisines, for example Italian (oregano, basil, rosemary), Asian (ginger, mustard powder), East Indian (curry, cardamom), Mexican (chili powder, cumin). Place small amounts of the spices in numbered snack sized plastic bags. In groups, have students smell the samples and have them vote on which spice they think each bag contains. Share the correct answers. Encourage students to try different spices in the foods they might eat at home. Discuss that it's healthy to use salt free spices is a great for giving food flavor without adding sodium.